

Marijuana: the Facts



Marijuana is stronger and more hazardous today! It's a green/brown mixture of dried shredded leaves, stems, seeds and flowers from the hemp plant. Most users roll loose marijuana into a cigarette called a "joint." It can also be smoked in a water pipe (bong), mixed in food and/or brewed as tea. Street names include: Weed, Aunt Mary, Boom, Chronic, Dope ganja, Gangster, Grass, Hash, Herb, Kif, Mary Jane, Pot, Reefer, and Sinsemilla.

- **Marijuana is mind-altering and affects your ability to learn.**
THC (the active ingredient) affects the nerve cells in the brain reducing motivation, the ability to speak, and the ability to remember things.
- **Marijuana affects your self-control and interferes with your life.**
Marijuana can seriously affect your sense of time, perception, and coordination, impacting things like driving, school, and work.
- **Marijuana can be addictive.**
It can also lead to the use of other drugs.
- **Marijuana affects your lungs.**
A single joint contains four times as much cancer-causing tar as a filtered cigarette. You can develop breathing problems like cigarette smokers: coughing, wheezing, colds and/or lung infections.
- **Marijuana is not always what it appears to be.**
Marijuana can be laced with other dangerous drugs without your knowledge (such as crack cocaine, or PCP).
- **Marijuana is illegal.**
Buying, selling or having small amounts can lead to an arrest.

The bottom line: If you know someone who smokes marijuana, urge him/her to stop or get help. If you're smoking marijuana – stop! The longer you ignore the facts, the more chances you take with your health and well-being.

www.DrugFreeNH.org



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org